



# MINTY LAMB MEATBALLS

with Garlicky Butter Bean, Sweet Potato & Spring Green Toss



## HELLO HONEY

*A cave painting in Valencia suggests that we have been hunting for honey for over 8,000 years!*



Sweet Potato



Garlic Clove



Mint



Butter Beans



Honey



Balsamic Vinegar



Natural Yoghurt



Lamb Mince



Panko Breadcrumbs



Sliced Spring Greens

MEAL BAG

30 mins  
 3 of your  
5 a day

Packed with fragrant, fresh flavours, this is a winning recipe from Head Chef Andre, perfect for a quick weeknight dinner. Homemade meatballs are really simple to make and the delicious flavour you get from making them from scratch really is worth it! Served with garlicky butter beans, roasted sweet potato and a spring green salad, the flavours of this dish are brought together with a drizzle of minty yoghurt.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Sieve**, **Baking Tray**, **Mixing Bowl**, **Large Frying Pan** and some **Foil**. Now, let's get cooking!



### 1 GET PREPPED

Preheat your oven to 220°C. Chop the **sweet potato** into 2cm chunks (no need to peel). Peel and grate the **garlic** (or use a garlic press). Pull the **mint leaves** off their stalks and finely chop (discard the stalks). Drain and rinse the **butter beans** in a sieve. Put the **honey** and **balsamic vinegar** in a large bowl, stir and leave to the side. Put the **yoghurt** in a small bowl and stir in **half** the **mint** and a pinch of **salt** and **pepper**.



### 2 SWEET POTATO TIME!

Pop the **sweet potato** on a baking tray, drizzle with **oil** and season with a pinch of **salt** and **pepper**. Toss to coat, then roast on the top shelf of your oven until golden and soft in the middle, 20-25 mins. Turn halfway through cooking. Once cooked, remove from your oven.



### 3 MAKE THE BALLS

Meanwhile, put the **lamb mince** in a mixing bowl and add a large pinch of **salt** and **pepper**, the **panko breadcrumbs** and the remaining **mint**. Mix together with your hands until completely combined, then divide into four **meatballs** per person. Leave to the side. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



### 4 FRY THE VEGGIES

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once the **oil** is hot, add the **butter beans** and fry until golden, 3-4 mins. **★ TIP:** Only stir twice in this time or they won't go golden! Add the **spring greens** and **garlic** to the pan and gently stir-fry with the **beans** until they are tender, 2-3 mins, then transfer the **veggie mixture** to the large bowl with the **dressing**, cover with foil and leave to the side.



### 5 FRY THE BALLS

Put your frying pan back on medium-high heat and add a drizzle of **oil**. Add the **meatballs** to the pan and fry cook until nicely browned on the outside and cooked through, 8-10 mins. Turn them every couple of mins. **! IMPORTANT:** The meatballs are cooked when no longer pink in the middle.



### 6 FINISH AND SERVE

Add the **sweet potato** to the bowl with the **greens** and **butter beans**. Mix well to coat and combine. Spoon into bowls and serve with the **meatballs** on top and finish with a drizzle of **minty yoghurt**. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Sweet Potato *	1	1½	2
Garlic Clove *	1	2	2
Mint *	1 bunch	1 bunch	1 bunch
Butter Beans	1 carton	1½ cartons	2 cartons
Honey *	1 sachet	1½ sachets	2 sachets
Balsamic Vinegar 14)	1 sachet	1½ sachets	2 sachets
Natural Yoghurt 7) *	1 pouch	1½ pouches	2 pouches
Lamb Mince *	200g	300g	400g
Panko Breadcrumbs 13)	10g	15g	20g
Sliced Spring Greens *	1 small bag	1 large bag	2 small bags

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 697G	PER 100G
Energy (kJ/kcal)	2826 / 676	405 / 97
Fat (g)	18	3
Sat. Fat (g)	6	1
Carbohydrate (g)	94	14
Sugars (g)	31	4
Protein (g)	34	5
Salt (g)	1.13	0.16

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 13) Gluten 14) Sulphites

**🧼** Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### 👍 THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)



You made this, now show it off! Share your creations with us:

#HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm  
60 Worship St, London EC2A 2EZ

YOU CAN RECYCLE ME!

HelloFRESH